



PMOS Unplugged

Date: 15th October, 2026 | Venue: Hotel Hyatt Centric MG Road, Bengaluru

Organised by: **Bengaluru O & G Society**



Dr. Bhaskar Pal
President, FOGSI



Dr. Suvarna Khadilkar
Secretary General, FOGSI



Dr. Vidya Thobbi
Vice President, FOGSI



Dr. Basab Mukherjee
National Co-Ordinator



Dr. Soma Datta
Joint Secretary FOGSI



Dr. Seetha Ramamurthy Pal
National Convener



Dr. Poushali Sanyal
National Convener



Dr. Bidisha Roychoudhury
National Convener



Dr. Mala Srivastava
Committee Chairperson



Dr. Neharika Malhotra
National Coordinator Module (PMOS)



Dr. Mahesh Koregol
President, Bengaluru Society



Dr. Vijaykumar CR
Secretary, Bengaluru Society

Time	Topic	Speaker
1:00 - 2:00 PM	Registration & Lunch	
2:00 - 2:15 PM	Welcome Address	
	Video Message by Dr. Bhaskar Pal, President FOGSI	
	Video Message by Dr. Vidya Thobbi, Vice-president FOGSI	
	Session 1 - Chairpersons: Dr. Chandrika Muralidhar, Dr. Mohini Prasad, Dr. Shilpa Apte	
2:15 - 2:30 PM	PMOS: Metabolic Consequences & Long term Risks	Dr. Archana Karthik
2:30 - 2:45 PM	Adolescent PMOS (Hyperandrogenism & Mental Health)	Dr. Priyanka Dilip Kumar
	Session 2 - Chairpersons: Dr. Sahana Deshpande, Dr. Sunanda Kulkarni, Dr. Padmini Prasad	
2:45 - 3:00 PM	Fertility Management in PMOS	Dr. Mahesh Koregol
3:00 - 3:15 PM	Lifestyle Management & Insulin Sensitizers	Dr. Rohitha Raj
3:15 - 3:30 PM	Role of Quercetin in PMOS	Dr. Lavanya Kiran
3:30 - 4:10 PM	Panel Discussion: PMOS Panelists: Dr. Suchetha Suresh, Dr. Karthigayeni, Dr. Sahana Shetty, Dr. Chaithra DK, Dr. Sahana Manjunath, Dr. Pranathi Arvind, Dr. Chaitra Gowda	Moderator: Dr. Maheshwari M, Dr. Smrithi D Nayak
4:10 - 4:15 PM	Quiz & Online Feedback	
4:15 PM Onwards	Vote of Thanks	